El PUEBLO SENIOR CENTER

Tucson Parks and Recreation
A Nationally Accredited Agency

(Comprehensive Dedicated Senior Center)
101 W Irvington Rd Bldg # 14
Tucson, AZ 85714
791-3250

SENIOR ACTIVITY CARD BENEFITS:

El Pueblo Senior Center offers a variety of programs, services and leisure recreation opportunities for participants of the senior activity card.

An estimated 5000 persons 50+ benefit, programs and services offered at 13 parks and recreation facilities throughout our community that are among the best programs in the country. The Tucson Parks & Recreation Department affords Tucson's adults 50+ the opportunity to enhance their social, physical, and emotional well being through participation in a wide variety of age appropriate activities. Our Senior Activity Card provides skilled professional staff, quality year round programming, activities and services, special events, field trips, newsletters, educational opportunities, computer access, evidenced based health programs and meaningful volunteer opportunities.

Wellness/Fitness

Walking Club	Wed & Fri, 8-8:45 am	Benefit of activity card
Sweating to Exercise Music with Maria	Mon, Wed & Fri, 9-10 am	Benefit of activity card
Enhance Fitness Classes	Mon, Wed & Fri, 10:30 -11:30 am Call PCOA for registration fees	Benefit of activity card
Glucose & Blood Pressure Screenings	Once a Month sponsored by Caremore. See Monthly newsletter for date and time. Free to all our members	Benefit of activity card
EZ 50+ Tai Chi Classes	Tuesdays, 9-10am. See Parks & Recreation Catalog for registration dates and fees	Benefit of activity card

Games

Men's Pool Room	Mon, Tues Wed & Fri, 9-4 pm Thurs, 12-4 pm. Every day, all day	Benefit of activity card
Ladies Billiards (Pool Time)	Thurs, 9-12 pm	Benefit of activity card
Cards Club	Mon- Fri, 1-3 pm	Benefit of activity card
Loteria (Mexican Bingo)	Thurs, 12-2 pm	Benefit of activity card
Bowling at Santa Cruz Lanes	Thurs (except 1st Thursday of each Month), 12-3:30 pm $4.00 per person (include shoes and 3 games)	Benefit of activity card
Dominoes	Mon, Wed & Fri, 12-3 pm	Benefit of activity card

Dancing

Beginning Line Dance	Mon & Wed, 1-1:30 pm	Benefit of activity card
Advanced Line Dance	Mon & Wed, 1:30-2:30 pm	Benefit of activity card
Folklorico Dances	Tues, 1-2:30 pm Fri, 2-3:30 pm	Benefit of activity card
Salsa Dances	Every other Fri, 1-2 pm Starting July 16	Benefit of activity card

Hobbies & Interests

Quilter's Club	Thurs, 9am-3 pm	Benefit of activity card

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Knitting Club	Tues & Fri, 10am-1 pm	Benefit of activity card
Cooking Club	Once a Month on Fri, 11am-1 pm	Benefit of activity card
Guitar Club	Mon & Wed, 2:30-3:30 pm	Benefit of activity card
Painting with Me Club	Twice a Month on Thurs, 10-12 pm See Monthly Newsletter for dates and times	Benefit of activity card
Singing Club	Wed, 1-2 pm	Benefit of activity card
Movie Day	Last Thurs of each Month, 1-3 pm	Benefit of activity card

Special Events

Senior Potluck	Once a Month on Tues, 12-2 pm	Benefit of activity card
Tarde Bohemia	2nd Tues of each Month, 1:30-3:30 pm	Benefit of activity card
Movie Day	Last Thurs of each Month, 1-3 pm	Benefit of activity card

Services

Health Choices Medicare	every other Wed, 10-12 pm	Benefit of activity card
Caremore Medicare	Twice a month See Monthly newsletter for date and time	Benefit of activity card
Lupe Salas, PCOA	Tues, 12-1 pm	Benefit of activity card
Bishop & Brown (Isabel Sites) Medicare	Once a month See Monthly newsletter for date and time	Benefit of activity card
United Healthcare Medicare	Once a month See Monthly newsletter for date and time	Benefit of activity card
Ward 1 Satellite Office	Last Wed of each month, 9-3 pm	Benefit of activity card

* Free entrance to El Pueblo Activity Center & swimming pool on Wed & Fri

** Senior Activity Card is accepted at all Parks and Recreation Centers on the days Activity Card programs are offered